

# Complete Your Health Assessment and Earn a \$25 Gift Card



The assessment includes questions about your overall health, medical history, and things like diet and exercise to receive a complete picture of your well-being. Once complete, you will have an overall view of where your health is today so you can take the next step toward improvement.

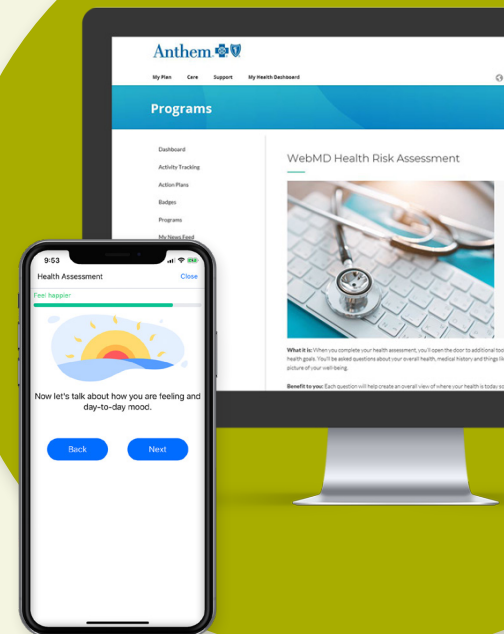
The health assessment is free for all members on the **Anthem Blue Cross and Blue Shield medical plan, but only active employees are eligible for the \$25 gift card.** Gift cards will be issued at the end of each quarter based on the health assessment completion report. Gift cards will be mailed directly to the address on file with the City of St. Louis.

Your journey to better health is just a step away. Let us help you take the first step by starting your health assessment today. It only takes about 10 minutes to complete.

## FOLLOW THESE STEPS

You can use the Engage app or website to complete the health assessment. Engage can be accessed from your phone, mobile device, or a computer.

- 1 Open the **Engage app** or go to **[www.engage-wellbeing.com](http://www.engage-wellbeing.com)**.
- 2 Select **Benefits** from the navigation bar.
- 3 Scroll down, click **Your Health Quiz**, and then **Go**.
- 4 You may be prompted to log into **[anthem.com](http://anthem.com)** or register as a new user.
- 5 Scroll down to **WebMD Health Risk Assessment** and click **Learn More**.
- 6 Under **Take the First Step**, click **Start your assessment**, and then **Take it now**.



ENGAGE

## New to Engage?

Download the Engage Wellbeing app from the App Store or Play Store. Engage is also available online at **[www.engage-wellbeing.com](http://www.engage-wellbeing.com)**.

## Need assistance?

Anthem Health Guides are here to help.

To access Anthem Health Guide call **844-404-2102** or open your Engage app, select the **Benefits** tab at the bottom of the screen, scroll down to **Anthem Health Guide** and click to call or chat.

Gift cards are considered taxable by the IRS and will be included in overall income for 2020. Limit one gift card per eligible employee.

In Missouri, (excluding 30 counties in the Kansas City area) Anthem Blue Cross and Blue Shield is the trade name of RightCHOICE® Managed Care, Inc. (RIT), Healthy Alliance® Life Insurance Company (HALIC), and HMO Missouri, Inc. RIT and certain affiliates administer non-HMO benefits underwritten by HALIC and HMO benefits underwritten by HMO Missouri, Inc. RIT and certain affiliates only provide administrative services for self-funded plans and do not underwrite benefits. Independent licensees of the Blue Cross and Blue Shield Association. © ANTHEM is a registered trademark of Anthem Insurance Companies, Inc. The Blue Cross and Blue Shield names and symbols are registered marks of the Blue Cross and Blue Shield Association.

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